



## Skills to Support a Friend Who is Being Abused

### **Do:**

Offer your friendship and support.  
Let your friend know you are there to listen and not to judge.  
Identify what the abusive/unhealthy behaviors are.  
Accept what your friend tells you.  
Help your friend build a support system.

### **Say:**

If you need to talk or need me, I am here for you.  
This is not your fault.  
No one deserves to be treated that way.  
I see the way your partner (pushes, hits, yells at, etc.) and I am worried about you.  
I'll go with you if you want to talk to someone (parent, teacher, counselor).  
What can I do to help you?  
Let's plan for how to keep you safe.

### **Don't Do:**

Blame your friend for the abuse.  
Tell your friend what to do.  
Put yourself at risk.  
Pass judgment on your friend's decisions/choices.  
Talk badly about your friend's partner.  
Rush your friend into action.

### **Don't Say:**

Why do you let him/her/them treat you like that?  
What did you do to make him/her/them do that to you?  
You have to break up with him/her/them.  
S/he/they has/have complete control over you.  
It's either him/her/them or me.